

## Why is it important to treat AFib?

AFib is a progressive disease. Symptoms and effectiveness of treatment may worsen if left untreated.

AFib increases risk of stroke and heart failure by

**5x**



AFib can **negatively affect quality of life** and lead to other **serious health conditions**.

## Next Steps

### Talk to your doctor.

Ask your doctor about a referral to an electrophysiologist (EP)—a heart rhythm specialist.

### Find an electrophysiologist (EP) near you.

An electrophysiologist has extensive training in heart arrhythmias and can discuss different treatment options for AFib. To find an EP near you, visit: [www.GetSmartAboutAFib.com/FindDoctors](http://www.GetSmartAboutAFib.com/FindDoctors)

### Get support.

You are not alone, visit: [www.Facebook.com/GetSmartAboutAFib](http://www.Facebook.com/GetSmartAboutAFib) to join a community of over 100,000 members, share your story, and learn about others' experiences with AFib.

### Learn more.

If you would like to learn more about AFib or catheter ablation, visit: [www.GetSmartAboutAFib.com](http://www.GetSmartAboutAFib.com), a website dedicated to educating AFib patients and their families.

## Ask your doctor if catheter ablation is the right treatment option for you.

1. Hugh Calkins, Gerhard Hindricks, Ricardo Cappato, et al. 2017 HRS/EHRA/ECAS/APHS/SOLAECE expert consensus statement on catheter ablation and surgical ablation of atrial fibrillation. 2017; 2. Khavjou, Olga, D. Phelps, and A. Leib. "Projections of cardiovascular disease prevalence and costs: 2015-2035." Dallas: American Heart Association (2016). 3. Calkins H, Reynolds R, Spector P et al. Treatment of Atrial Fibrillation with Antiarrhythmic Drugs or RF Ablation. Circ Arrhythm and Electrophysiol 2009 4. Natale A, Reddy VY, Monir G, Wilber DJ, Lindsay BD, McElderry HT, Kantipudi C, Mansour MC, Melby DP, Packer DL, Nakagawa H. Paroxysmal AF catheter ablation with a contact force sensing catheter: results of the prospective, multicenter SMART-AF trial. Journal of the American College of Cardiology. 2014 Aug 19;64(7):647-56.

As with any medical treatment, individual results may vary. Only a cardiologist or electrophysiologist can determine whether ablation is an appropriate course of treatment. There are potential risks including bleeding, swelling or bruising at the catheter insertion site, and infection. More serious complications are rare, which can include damage to the heart or blood vessels; blood clots (which may lead to stroke); heart attack, or death. These risks need to be discussed with your doctor and recovery takes time. The success of this procedure depends on many factors, including your physical condition and your body's ability to tolerate the procedure. Use care in the selection of your doctors and hospital, based on their skill and experience.

\*THERMOCOOL® SMARTTOUCH SF Catheter is indicated for the treatment of drug refractory recurrent symptomatic paroxysmal atrial fibrillation (AF) and for drug refractory recurrent symptomatic persistent AF (continuous AF > 7 days but < 1 year), refractory or intolerant to at least 1 Class I or III AAD, when used with the CARTO® 3 System.

Caution: US law restricts this device to sale by or on the order of a physician. Important information: Prior to use, refer to the instructions for use supplied with this device for indications, contraindications, side effects, warnings and precautions.

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## Don't wait to treat your AFib

### Patient Guide to Atrial Fibrillation

*"I have been diagnosed with atrial fibrillation and want to learn more."*

## What is Atrial Fibrillation?

Atrial Fibrillation, also known as AFib, is the **most common cardiac arrhythmia**, or irregular heartbeat. AFib occurs when the upper chambers of the heart, or atria, beat rapidly and in an uncontrolled manner.<sup>1</sup>



**Estimated Americans diagnosed with AFib**

## What causes AFib?

- Abnormalities or damage to heart structure
- Age
- Heart disease
- Family history
- High blood pressure
- Alcohol consumption
- Obesity
- Sleep apnea



**1 in 4 adults over the age of 40 is at risk of AFib.**

## What are some Symptoms of AFib?<sup>1</sup>

- Rapid heartbeat
- Anxiety
- Fatigue
- Chest pain
- Shortness of breath
- Dizziness
- Difficulty exercising
- Weakness
- Heart palpitations

**15-30%** of people with AFib do not experience any symptoms. This is known as silent AFib.

## Treatment Options

Most AFib patients are initially prescribed medication to restore their heart rhythm, manage the symptoms of AFib, or minimize their risk of stroke. Medications may cause unwanted side effects and may not work for everyone.<sup>3</sup>

**50%** of patients do not respond to, or cannot tolerate their medications.<sup>3</sup>



## Catheter Ablation



Catheter ablation is recommended by the American College of Cardiology, the Heart Rhythm Society, and the American Heart Association for patients when medication proves to be unsuccessful.

Catheter ablation is a minimally invasive procedure that blocks faulty electrical signals and restores a typical heartbeat.

**Up to 88%** success rate for catheter ablation.<sup>4\*</sup>

Patients receiving catheter ablation have been shown to be up to

**73%** more likely to be symptom-free at 4 years when compared to patients receiving drug therapy.



\*In studies, success defined as freedom from any atrial arrhythmia (atrial fibrillation, atrial flutter, atrial tachycardia) 12 months post-procedure when operator remained in the preset contact force range. Further sub-analysis showed that when the contact force was within investigator-selected range  $\geq$  85% of time, success was increased by 21% to 88%  $\geq$  85%: n = 32; <85%: n = 73). \*THERMOCOOL SMARTTOUCH<sup>®</sup>, Bi-Directional Navigation Catheter M-5276-694E [Instructions for Use]. Irvine, CA: Biosense Webster, Inc. 2014